



At Gillette Creamery we realize that proper nutrition is important, especially for developing children. With that in mind we would like to present the following healthier ice cream options. Many of the following products meet, or exceed, the New York State School Nutrition Association's "Choose Sensibly" guidelines. It is our pleasure to assist you and your wellness committee in the goal of achieving a more nutritional snack program. Please give us a call.

Gillette Creamery
 23 Lincoln St., Ellenville, NY 12428
 (800) 522 - 2507



Perry's Reduced Fat Vanilla Dixie

Perry's Red. Fat Chocolate Dixie

Perry's Red. Fat Van/Choc Dixie

Perry's Red. Fat Strawberry Dixie

Fluid Oz.	3.5
Calories	90
Calories from Fat	30
Total Fat / g	3.5
Sat. Fat / g	2
Cholesterol / mg	15
Sodium / mg	40
Carbohydrates / g	14
Sugars / g	11
Protein / g	2
Calcium, %DV*	8

Fluid Oz.	3.5
Calories	90
Calories from Fat	30
Total Fat / g	3.5
Sat. Fat / g	2
Cholesterol / mg	10
Sodium / mg	35
Carbohydrates / g	14
Sugars / g	11
Protein / g	2
Calcium, %DV*	6

Fluid Oz.	3.5
Calories	90
Calories from Fat	30
Total Fat / g	3.5
Sat. Fat / g	2
Cholesterol / mg	10
Sodium / mg	35
Carbohydrates / g	14
Sugars / g	11
Protein / g	2
Calcium, %DV*	6

Fluid Oz.	3.5
Calories	90
Calories from Fat	30
Total Fat / g	3
Sat. Fat / g	2
Cholesterol / mg	10
Sodium / mg	35
Carbohydrates / g	14
Sugars / g	11
Protein / g	2
Calcium, %DV*	6



Perry's Red Fat Cotton Candy Dixie

Fluid Oz.	3.5
Calories	90
Calories from Fat	30
Total Fat / g	3.5
Sat. Fat / g	2
Cholesterol / mg	15
Sodium / mg	40
Carbohydrates / g	14
Sugars / g	11
Protein / g	2
Calcium, %DV*	8



Perry's Fat Free-NSA Vanilla Cup

Fluid Oz.	4
Calories	70
Calories from Fat	0
Total Fat / g	0
Sat. Fat / g	0
Cholesterol / mg	0
Sodium / mg	70
Carbohydrates / g	19
Sugars / g	5
Protein / g	3
Calcium, %DV*	10



Perry's Reduced Fat Holiday Dixie

Fluid Oz.	3.5
Calories	90
Calories from Fat	30
Total Fat / g	3.5
Sat. Fat / g	2
Cholesterol / mg	15
Sodium / mg	40
Carbohydrates / g	14
Sugars / g	11
Protein / g	2
Calcium, %DV*	8



Perry's Red. Fat Halloween Dixie

Fluid Oz.	3.5
Calories	100
Calories from Fat	30
Total Fat / g	3
Sat. Fat / g	2
Cholesterol / mg	10
Sodium / mg	75
Carbohydrates / g	16
Sugars / g	12
Protein / g	2
Calcium, %DV*	6



Perry's NSA Fudgie

Fluid Oz.	2.5
Calories	100
Calories from Fat	15
Total Fat / g	1.5
Sat. Fat / g	1
Cholesterol / mg	5
Sodium / mg	65
Carbohydrates / g	20
Sugars / g	6
Protein / g	3
Calcium, %DV*	8



Perry's Orange Buddie

Fluid Oz.	3
Calories	100
Calories from Fat	30
Total Fat / g	3
Sat. Fat / g	2
Cholesterol / mg	10
Sodium / mg	25
Carbohydrates / g	16
Sugars / g	15
Protein / g	1
Calcium, %DV*	4



Perry's Lime Buddie

Fluid Oz.	3
Calories	100
Calories from Fat	30
Total Fat / g	3
Sat. Fat / g	2
Cholesterol / mg	10
Sodium / mg	25
Carbohydrates / g	16
Sugars / g	15
Protein / g	1
Calcium, %DV*	4



Perry's LF Frozen Yogurt Bar

Fluid Oz.	2.5
Calories	80
Calories from Fat	15
Total Fat / g	1.5
Sat. Fat / g	1
Cholesterol / mg	5
Sodium / mg	40
Carbohydrates / g	15
Sugars / g	13
Protein / g	2
Calcium, %DV*	8



Perry's Raspberry Sherbet Bar

Fluid Oz.	2.5
Calories	70
Calories from Fat	5
Total Fat / g	1
Sat. Fat / g	0
Cholesterol / mg	5
Sodium / mg	10
Carbohydrates / g	16
Sugars / g	15
Protein / g	1
Calcium, %DV*	2



Perry's Red. Fat I.C. Sandwich

Fluid Oz.	4
Calories	160
Calories from Fat	35
Total Fat / g	4
Sat. Fat / g	2
Cholesterol / mg	10
Sodium / mg	100
Carbohydrates / g	29
Sugars / g	15
Protein / g	3
Calcium, %DV*	6



Perry's Red. Fat Choc. Sandwich

Fluid Oz.	4
Calories	160
Calories from Fat	35
Total Fat / g	4
Sat. Fat / g	2
Cholesterol / mg	10
Sodium / mg	90
Carbohydrates / g	29
Sugars / g	15
Protein / g	3
Calcium, %DV*	6



Perry's Reduced Fat Mitey Bite

Fluid Oz.	2.9
Calories	130
Calories from Fat	30
Total Fat / g	3.5
Sat. Fat / g	1.5
Cholesterol / mg	10
Sodium / mg	75
Carbohydrates / g	23
Sugars / g	12
Protein / g	2
Calcium, %DV*	4



Nestle Low Fat Push-Up

Fluid Oz.	2.75
Calories	90
Calories from Fat	10
Total Fat / g	1
Sat. Fat / g	0.5
Cholesterol / mg	5
Sodium / mg	15
Carbohydrates / g	19
Sugars / g	15
Protein / g	0
Calcium, %DV*	0



Good Humor Creamsicle

Fluid Oz.	2.7
Calories	100
Calories from Fat	25
Total Fat / g	3
Sat. Fat / g	2
Cholesterol / mg	10
Sodium / mg	30
Carbohydrates / g	19
Sugars / g	14
Protein / g	1
Calcium, %DV*	4



Good Humor Cookies & Cream Bar

Fluid Oz.	2.7
Calories	90
Calories from Fat	10
Total Fat / g	1
Sat. Fat / g	1
Cholesterol / mg	5
Sodium / mg	35
Carbohydrates / g	18
Sugars / g	9
Protein / g	2
Calcium, %DV*	10



Good Humor Fat-Free Scribbler

Fluid Oz.	2.4
Calories	60
Calories from Fat	0
Total Fat / g	0
Sat. Fat / g	0
Cholesterol / mg	0
Sodium / mg	0
Carbohydrates / g	15
Sugars / g	15
Protein / g	0
Calcium, %DV*	0